

DO GOOD: SAVE FOOD!

Education materials on food loss and waste reduction













- WRITING EXERCISES
- - GAMES ■ WRITING EXERCISES
- TEED YOURSELF, DON'T FEED THE BIN: DO GOOD: SAVE FOOD! **■** GAMES
 - DISCUSSIONS
 - **WRITING EXERCISES**
 - PROIECTS

- FEED YOURSELF, DON'T FEED THE BIN: NINE EASY TIPS TO REDUCE FOOD WASTE
- DISCUSSIONS

- WRITING EXERCISES ■ PROJECTS

Contents

> FAO and IFWC for **Do Good: Save Food!**

> Do Good: Save Food! Education material

➤ What's new? Does it work?



> Proposals for dissemination and implementation



Rationale



DO GOOD: SAVE FOOD!



Bringing back the true value of food





OPTIMISATION PACK

2

Rethink process and practices

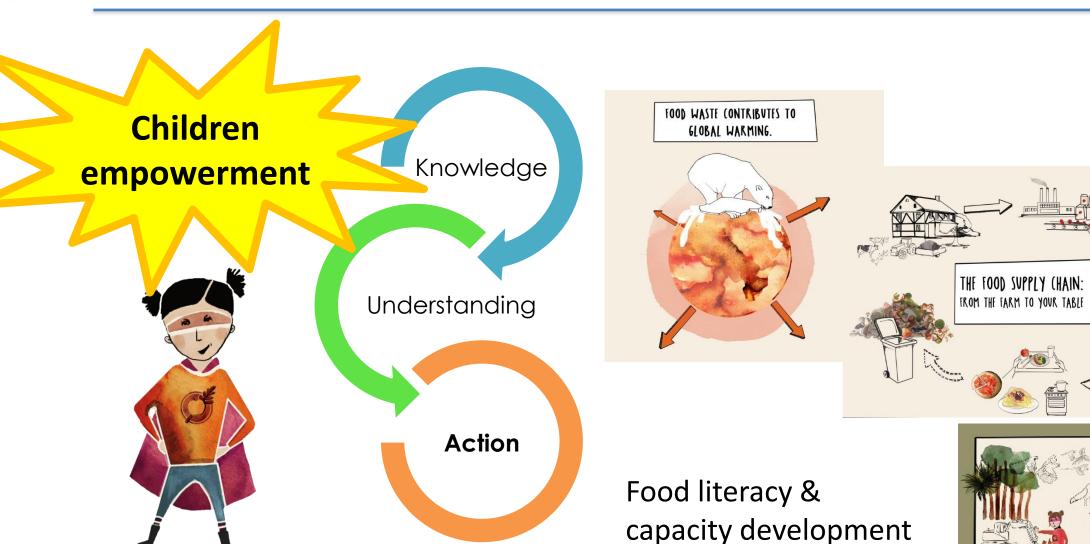
COLLABORATION PACK

3

Leverage the power of the value chain



Comprehensive approach





Usability

Adaptable content

- Class
- Extra-curricular time
- Homes

Modular

- Time availability
- Ability levels of students

Diverse

- Writing
- Discussing
- Practicing
- Playing

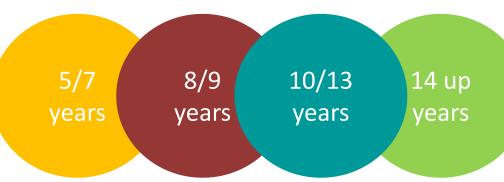
Accessible

- Free access
- Limited resources needed

Structure

Materials are available in 4 adapted versions





For each age group:

- √ two core lessons
- ✓ a diverse range of activities including games, discussions, worksheets and projects





Structure

2 Core Lessons to provide basic knowledge

Starting Point: The information-centered

Core lesson 1
"Do Good: Save Food!"



2nd step: The practice-based

Core lesson 2

"Feed Yourself, Don't feed the Bin: Nine Easy Tips to
Reduce Food Waste"





Content: Core lessons

DO GOOD: SAVE FOOD!

Voice-Over script of Presentation 1 of the Basic Module (Age Group 1 - five to seven years old)



1 "I'm shattered!", Theo moans and plonks himself down at the dinner table. "And starving!", Anna adds, throwing her bag into the corner, where it clatters against the wall and comes precariously close to knocking down the family portrait from last Christmas.

It's dinner time and after a long day at school, Anna and Theo are ready for a big meal.

"There's chicken with potatoes in the oven", Dad shouts from the living room where he is busy ironing.

The children's eyes light up: Chicken—their favourite food of all time!

"Yummy!", Anna declares with a grin. They each fill up their plates with a massive chunk, lots of potatoes and tomato salad and dig in, munching and chewing and getting smothered in chicken juice from ear to ear. Nino, the family's dog, has a little feast under the table, licking up all the bits that Theo and Anna drop.

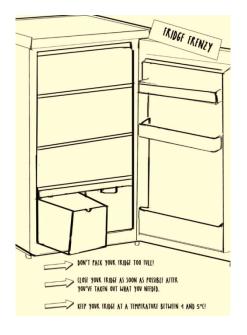
After a while, however, the children slow down. Anna starts pushing the food around on her plate and Theo rubs his blown-up belly. "I've had enough", Anna says and hiccoughs, "I can't finish all that". "Never mind," says Theo and pops open the button on his jeans. "Let's just dump the rest in the bin."

Q: Do you sometimes put more food on your plate than you can finish? When does this happen?

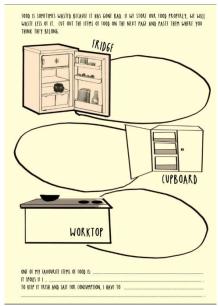
What do you or your parents normally do with the food you don't eat? Do you think throwing away food is a problem?

Food and Agriculture Organization of the United Nations Content: Follow-on Activities

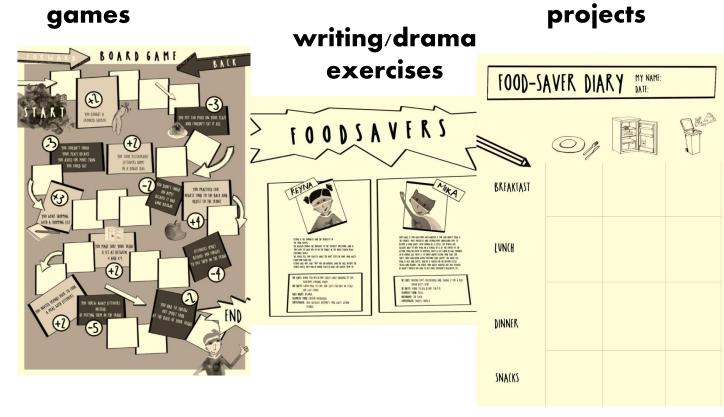
discussions



worksheets



games





Content

Step-by-step instructions for teachers

Overview of the presentations and follow up activities

Activity	Students are asked to	Learning objective	Time requirement	Required material (page numbers refer to the working tools)	Mode	Remarks
PRESENTATION	1					
WORKSHEETS						
Fill in the Gaps	read a cloze text of the presentation and fill in the gaps.	Students revise key facts and contents of the food saving presentation.	25 mln	Worksheets "Fill in the Gaps" (easy or advanced version), (p. 16-17) Solutions sheet (p. 18)	In groups or Individually	Easy and advanced version
Unscrambling Food Waste	unscramble three different tips of how to avoid food waste to reveal the Food Savers' slogan.	Students revise key facts and contents of the food saving presentation.	15 mln	Worksheet "Unscrambling Food Waste" (p. 20) Solution sheet (p. 21)	Individually	
We are the Food Savers	discuss the "personalities" of the Food Savers and create their own super hero persona.	Students become aware of their role in fighting food waste and imagine themselves as key agents of change.	80-90 mln	Story sheets "Meet the Food Savers" (p. 23-24) Worksheet "You can fight food waste!" (p. 25) Cut-out masks (p. 26) Scissors, glue, crayons/ coloured pens, string	In groups or Individually	
Colour me In	colour in the Illustration of Anna, Theo, and the Food Savers.	Connects the students with the story and thus subtly strengthens its key themes.	20 mln	Worksheet "Colour me in" (p. 28) Crayons/coloured pens	Individually	
Sum It up, waste It down	solve mathematical exercises based on the therne of food waste.	Students connect with the presentation's content material on a mathematical level.	25 mln	Worksheet "Surn It up, waste It down" (easy or advanced version) (p. 30, 32) Solution sheet (p. 31, 33)	In groups or Individually	Easy and advanced version
Spot the Differences	find the difference and colour in two pictures of Anna, Theo and the Food Savers.	Connects the students with the presentation and thus subtly strengthens its key themes.	25 mln	Worksheet "Spot the differences" (p. 35) Crayons/coloured pens	In groups or Individually	

Storage Knowledge

This worksheet explains how different foods such as raw and cooked meat, fruit and vegetables, should be kept and stored.

Discussion D 3 (Storage Knowledge) uses the same worksheet and integrates it into a little game and discussion



time: 25 min (+ homework)

You need:



- Printouts of worksheet WS 6a and 10b "Storage Knowledge" (one per student)
- One printout of solution sheet WS 6b "Storage Knowledge SOLUTIONS"



Instructions:

- 1. Ask students what they know about storing food correctly. Why is it important to know where and how to store food?
- Hand out copies of worksheet WS 10a and WS 10b and ask students to colour in and cut out the illustrations on page 2.
- In groups of two to three, ask students to discuss whether they think the different foods need to go into the fridge or can stay unrefrigerated.
- Discuss their findings and, where appropriate, provide additional information from the solutions sheet.
- As homework, ask students to complete the worksheet by picking one of their favourite foods, researching how it should be kept and stored and filling in the blanks on the worksheet.



Content

Flyers to take home and letter to parents



DOGOOD SAVE FOOD!

nine easy tips to reduce food waste.

WHAT IS FOOD WASTE?

Food waste is all the food wasted even though it would have been good to eat: If something goes off in your fridge because you haven't eaten it in time, if you have put too much on your plate and throw away your leftovers instead of eating them later, this is food waste.

WE NEED TO STOP WASTING FOOD BECAUSE:

- Wasting food means wasting money, labour and resources such as energy, land and water that go into producing the food.
- Wasting food increases greenhouse gas emissions and contributes to climate change.

(1) ASK FOR SMALLER PORTIONS

Make sure you start your meals with a small portion on your plate. You can always go back for more if you're still hungry.

(1) LOVE YOUR LEFTOVERS

Instead of scraping leftovers into the bin, use them as ingredients for tomorrow's meal, or simply reheat them as the same meal again. Remember, if you want to use leftovers, it's very important to store them in the fridge or freezer within two hours of preparing your meal.

3 SHOP SMART

We often buy more food than we can eat before it goes off. To avoid over-shopping, try to plan ahead, make a shopping list and don't go shopping on an empty stomach!

BUY "UGLY" IR VITS AND VEGETABLES

Many shops and farmers' markets offer irregularly shaped fruit and vegetable, which are just as good to eat as regularly shaped and coloured ones. Buy "ugty" fruit and vegetable to show that you do not want any food wasted!

(5) CHECK YOUR FRIDGE

To make sure that food is properly stored and kept fresher for longer in your fridge, set it to the right temperature (between 1 and 5 °C), store products in the right places in the fridge and follow the instructions on the packaging or the fridge manual. Don't pack the fridge too full: You will use less energy and you're less likely to frorget to use the food you bought.

(6) PRACTICE FIFO: FIRST IN, FIRST OVT!

When you put your shopping away, rotate the food in your fridge and cupboard so that the older food comes forward and the most recent shopping – which will keep the longest – goes to the back. But keep an eye on the use-by and best-before dates – some new food may need to be eaten quickly.

UNDERSTAND DATES ON YOUR FOOD

After the "use-by" date has passed, food is not safe to eat anymore. "Best-before" dates, on the other hand, only show when the food is at its best quality in terms of smell, texture, and taste. Most food is still edible after the "best-before" date!

TURN WASTE INTO COMPOST

If you do end up wasting some of your food, recover it by turning it into garden food: Instead of throwing it in your regular bin and contributing to the greenhouse gas emissions connected to the transport and disposal of waste, why not set up a compost bin for food waste and fruit and vegetable peelings?

(1) SHARING IS CARING: GIVE TO HELP

Give your surplus to help those who need it. When hygiene and sanitary conditions and traceability requirements are ensured, it's easy to give your surplus food to those in need. Learn about existing initiatives in your cafeterias, your stores, your city... to give a boost to food aid associations and reduce waste.







Additional Materials







POUR ARRIVER À TOI. LA NOURRITURE A EU besoin de temps et D'ÉNERGIE.

PRENDS TON TEMPS POUR L'APPRÉCIER!

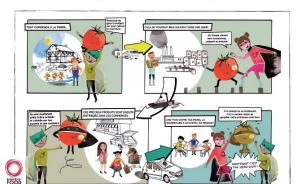


C'EST FINI! ZÉRO GASPI! 0 1









Do Good: Save Food! Pilots in schools

Method and results





18 schools and canteens participated in Italy, France, Belgium & England

5000 children sensitized 13 pilot kitchens

15% average food waste reduction achieved

Applying the average 15% food waste reduction rate over a year, to the 14 schools and 8 kitchens involved in 2017 generates:

- 7,7 tons of food saved: more than 15 000 meals
- more than € 35,000 financial savings





Feedback from teachers





SKOOL survey Age group 1 EDUCATION PACKAGE, implementation and feedback

Thank you for your participation and engagement into the SKOOL project. Can you please fulfil this quick survey if you have used some or all of the education package with children?

Your feedback will be very valuable to assess the education package implemented during the pilot phase and bring improvements for the coming extension phase of SKOOL.

SCHOOL

Name:

Total number of children from 5 to 9 years old involved:

Į	Number of children by ag		
	5 years' old		
	6 years' old		
	7 years' old		
	8 years' old		



PERSON THAT IMPLEMENTED THE EDUCATION PACKAGE WITH CHILDREN

Name: Position:

Persons in charge of the educative session(s): Teachers

Educators

Total number of educators/teachers within the school:

PERIOD OF IMPLEMENTATION OF THE EDAUCATION PACKAGE

Start date:

End date:

					WASTE	
Comments						_
BOOK version for teacher used? YES	№ 🗆					
notation from 1: not relevant to 4: highly	relevant					
1 2	3	4				
Comments						
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FOLLOW-ON ACTIVITIES Age group 1	Out of c	lass time	dedica	ated:		
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FOLLOW-ON ACTIVITIES Age group 1 Class time dedicated: Content notation FA 1 Fill in the text used FA 2 Collective notes used FA 3 Working together used FA 4 ME used		t relevar	nt to 4 :		levant	





Knowledge, Attitudes, Practices Survey







Questionnaire about children's **Knowledge**, **Attitudes and Habits** around food waste

Thank you for your participation and involvement in the SKOOL initiative. In order to measure what impact the project has on children, carry out this survey with them before using the awareness-raising materials of the anti-food waste teaching pack.

Duration of survey:

Name of school:

Total number of children answering the survey:

Number of children per age grou

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5-7 years		
8-9 years		
10-13 years		
14-17 vears		

Date of survey:

Method

To carry out this survey, print out the questionnaire and fill it in by interviewing either:

- Every child, one at a time (tick the appropriate box to mark the child's answer), or
- The whole group, reading the questions out loud and asking children to raise their hand to indicate their answers (mark the number of children who choose each answer in the appropriate box). If it is too complicated to get an exact hand count, simply tick the box that got the most responses.

				FOOD
Children are to be asked the following 10) questio	ns directly.		COALITON
KNOWLEDGE				
1. Do you know what food waste is?				
YES NO				
NB: If they answer no, explain to children away food that could have been eaten		d waste is	when p	eople throw
Overall, how much food do you th world?	ink is thro	own away	every ye	ear in the whole
Not much Some	A lot			
3. How much food would you say is v	vasted in	the schoo	l cante	en?
A little Some A lot				
4. Which of the following do you think	k lead to	food wast	e?	
People don't know the value of food:	YES		NO	
People buy too much food:	YES		NO	
People don't store food properly:	YES		NO	
People don't keep their fridge tidy:	YES		NO	

FOOD HASTE
People don't know how to use up leftovers:
YES NO
People don't like the food on their plates:
YES NO
People are afraid of tasting food they're not used to:
YES NO
Food is served in portions that are too big: YES NO 5. Do you think people could save money by reducing food waste?
YES NO NO
6. Do you think food waste has anything to do with the following issues?Global warming?
YES NO I don't know
Water consumption?
YES NO I don't know



Next steps

Objective: reach the classrooms

Policy makers

Dialogue with National Working Groups

N.B. already available for English, French, Italian

Dissemination:

Reach out to local authorities, communities & schools

Translation and localization: Include pilot schools

^{*}measure impact; go digital

Next steps

Objective: reach the classrooms

Private sector

Civil society

Translation and localization: Include pilot schools and communities

Dissemination: Reach schools and communities

*measure impact; go digital



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